

Growing Up and Changing: A PSHE Assessment

Learning objective: To understand the physical and emotional changes that occur during puberty and how to manage them with confidence.

Read each question carefully. Use your scientific knowledge and understanding of personal growth to provide thoughtful, well-reasoned answers. Write clearly in full sentences where required.

Puberty is a natural process that everyone goes through as they transition from childhood to becoming a young adult. It involves significant changes to the body, as well as shifts in how we feel and interact with the world around us. During this time, our bodies produce chemicals called hormones that act as messengers, telling our bodies to develop in new ways. While these changes can sometimes feel confusing, they are a normal part of life's journey. Learning how to look after ourselves and understanding our emotions is key to growing up with confidence.

Word bank: puberty · hygiene · hormones · emotional · independent · responsibility · confidence · maturity

1. Define the term 'puberty' in your own words and explain why it is a universal experience for all humans. (2 marks)

2. Identify two physical changes that might happen to both boys and girls during puberty. (2 marks)

3. Explain why maintaining good personal hygiene becomes even more important as a person enters puberty. (3 marks)

4. Nova the owl is curious about emotions. Describe how hormones can affect a person's mood and suggest one strategy for managing these changing feelings. (4 marks)

5. Compare and contrast the physical changes that occur during puberty with the social or emotional changes. Which do you think is more challenging to navigate, and why? (4 marks)

6. Justify your answer: Why is it important to talk to a trusted adult, such as a parent or teacher, if you have questions about the changes happening in your body? (3 marks)

7. Extended Writing: Imagine you are writing a letter to your future self about growing up. Discuss what you are looking forward to about becoming more independent, how you will handle the responsibility of taking care of your changing body, and why it is important to be kind to yourself during this transition. (7 marks)

Draw: Draw a 'Growth Mindset' tree. On the roots, write three things you already know about staying healthy, and on the branches, write three qualities you hope to develop as you grow older (e.g., resilience, kindness, patience).



Extension challenge: Reflect on this: What might happen if society viewed puberty as a 'celebration of growth' rather than something to be embarrassed about? Write a short paragraph proposing how we could create a more supportive environment for young people experiencing these changes. Total: /25